

We claim:

1. A water-dispersible, freeze-dried bioavailable coenzyme Q-10/cyclodextrin complex.
2. The complex of claim 1, wherein the molar ratio of cyclodextrin to coenzyme Q-10 ranges from about 0.5:1 to 10:1.
3. The complex of claim 2, wherein said molar ratio ranges from about 1:1 to 2:1.
4. The complex of claim 1, wherein said cyclodextrin is one or more of  $\beta$ -cyclodextrin or  $\gamma$ -cyclodextrin.
5. The complex of claim 5, which formulated into one or more of a topical preparation, a sublingual formulation, or for oral ingestion.
6. A method for making a water-dispersible complex, which comprises the steps of:
  - (a) preparing an aqueous slurry of a coenzyme Q-10/cyclodextrin complex; and
  - (b) drying by one or more of spray drying, vacuum-drying, or freeze drying, said aqueous slurry to produce said complex.
7. The method of claim 6, wherein the molar ratio of cyclodextrin to coenzyme Q-10 ranges from about 0.5:1 to 10:1.
8. The method of claim 7, wherein said molar ratio ranges from about 1:1 to 2:1.
9. The method of claim 6, wherein said cyclodextrin is one or more of  $\beta$ -cyclodextrin or  $\gamma$ -cyclodextrin.
10. A method for treating an animal with a bioavailable coenzyme Q-10 complex, which comprises the steps of:

- (a) preparing a water-dispersible coenzyme Q-10/cyclodextrin complex;  
and
- (b) administering said complex to an animal.

- 5     11.     The method of claim 10, wherein said animal is a human.
12.     The method of claim 10, wherein said complex is ingested by said animal.
13.     The method of claim 10, wherein the molar ratio of cyclodextrin to coenzyme  
10     Q-10 ranges from about 0.5:1 to 10:1.
14.     The method of claim 13, wherein said molar ratio ranges from about 1:1 to 2:1.
15.     The method of claim 10, wherein said cyclodextrin is one or more of  
15      $\beta$ -cyclodextrin or  $\gamma$ -cyclodextrin.
16.     The method of claim 10, wherein said complex is prepared by freeze-drying.
17.     The method of claim 13, wherein said complex is prepared by freeze-drying.  
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18.     The method of claim 17, wherein said cyclodextrin is one or more of  
 $\beta$ -cyclodextrin or  $\gamma$ -cyclodextrin.
19.     The method of claim 10, which formulated into one or more of a topical  
25     preparation, a sublingual formulation, or for oral ingestion.
20.     The method of claim 17, wherein said cyclodextrin is one or more of  
 $\beta$ -cyclodextrin or  $\gamma$ -cyclodextrin.